

WALK FORT LAUDERDALE



SR 84

LEGEND:



Restrooms



Paved Path



Parking



Lighted

WALKING GUIDE TO FORT LAUDERDALE'S PARKS

- 1 Palm Air Village Park:**
 6401 NW 63rd St
 Walking/Jogging Path .46 miles
 8 am-9 pm
- 2 Imperial Point Park:**
 6400 NE 22 AVE
 Walking/Jogging Path .13 miles (inner) .15 (outer)
 8 am-9 pm
- 3 Osswald Park:**
 2220 NW 21 AVE
 Walking/Jogging Path .6 miles
 5 am-9 pm
- 4 Joseph C. Carter Park:**
 1450 West Sunrise Blvd
 Walking/Jogging Path .5 miles
 5 am-11 pm
- 5 Middle River Terrace:**
 1330 NE 5th Terrace
 Walking/Jogging Path .29 miles
 8 am-9 pm
- 6 George English Park:**
 1101 Bayview Drive
 Walking/Jogging Path .23 miles
 6 am-10 pm
- 7 Holiday Parks:**
 800 N Federal Highway
 Walking/Jogging Path 1.3 miles with 18 fitness stations
 5am-11 pm
- 8 Riverwalk Linear Parks:**
 20 N. New River Drive
 Promenade 1.25 Miles
 CLOSED from 4 am-6 am
- 9 Fort Lauderdale Beach:**
 SE 3rd Street to NE 19th Street
 Beach Promenade: approximately 2 miles
 Open 24 Hours
- 10 Melrose Park:**
 3400 Davie Blvd
 Walking/Jogging Path .5 Miles
 8 am-9pm
- 11 Riverland Park:**
 950 SW 27th AVE
 Walking/Jogging Path .6 Miles
 8 am-9pm
- 12 Civic People Park:**
 3781 Riverland Road
 Walking/Jogging Path .2 Miles
 8 am-9pm
- 13 Edgewood Park:**
 3341 SW 15th AVE
 Walking/Jogging Path .5 Miles, 8 fitness stations
 8 am-9pm
- 14 Snyder Parks:**
 3299 SW 4th AVE
 Green course .7 miles, Red Course 1 mile,
 Blue Course 1.4 miles, Yellow Course 3.1 miles
 Mon- Fri: 9- 5pm Sat & Sun: 9- 7 pm



For More Information Call (954) 828-PARK
or Visit www.FortLauderdale.gov/life

COMMIT 2B FIT AND WALK FORT LAUDERDALE

It Starts In Parks

WALK FORT LAUDERDALE

Good health and a more balanced life can be as simple as a walk in the park. Walking burns calories, lowers blood pressure, reduces risk of heart disease, strengthens bones and can improve your mood and outlook on life.

Have you recycled the same resolutions to take better care of yourself and spend more time with your family year after year?

Lace up your shoes and set your sites on Fort Lauderdale's beautiful parks.

Unplug your kids and awaken their natural sensibilities.

Take your honey by the hand and listen with attention undivided.

Have a calorie free encounter with a colleague.

Stroll with your parents and discover family history.

Treat Rover to a walk on the Riverwalk.

Set your mind on a butterfly's wings.

Find a healthier and more centered you one step at a time.

7 Simple Steps for Success in Your Walking Program

1. Always consult your physician when beginning any new exercise or diet program.
2. Drink plenty of water before, during and after your walk.
3. Take time to warm up and stretch before walking and stretch again after walking.
4. Wear well-fitted, sturdy walking shoes and comfortable clothing.
5. Walk with a friend or family member.
6. The Surgeon General recommends 30 minutes of activity most days a week. If you haven't exercised in a while, begin with 10 minutes at a slower pace and build endurance gradually.
7. Take 3 short 10-minute walks per day if it is difficult to fit a 30-minute walk into your schedule.



For information about accessible features within our parks system please visit our website at <http://www.fortlauderdale.gov/cityparks/ada.htm> or call the ADA hotline at 954-828-5347.

